

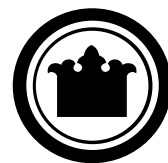
Renton Pool

This material is available in
alternate formats.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 - 7:30 am	Early Riser Lap Swim					
7:30 - 8:30 am	Water Exercise	Deep Water Exercise	Water Exercise	Deep Water Exercise	Water Exercise	
8 - 9 am	Daycare Lessons					
9 - Noon	Lessons					11 - Noon Pool Rental Available
Noon - 1:30 pm	Lap Swim & Family Swim*					Noon - 1 pm Adult Swim
1:30 - 2:30 pm	Lessons M/W	Lessons T/Th	Lessons M/W	Lessons T/Th	Private Lessons	1 - 2 pm Public Swim \$1.85
2:30 - 3:30 pm	Public Swim - \$1.85					2 - 3 pm Public Swim 75¢
3:30 - 4:30 pm	Public Swim - \$1.85					3 - 8 pm Pool Rentals Available
4:45 - 6:45 pm	Chinook Aquatic Club					
5 - 7:30 pm	Lessons M/W	Lessons T/Th	Lessons M/W	Lessons T/Th	6 - 7 pm Family Swim*	
7:30 - 8:30 pm	Public Swim				7 - 8 pm Public Swim	
8:30 - 9:30 pm	Lap Swim & Water Exercise	Lap Swim & Adult Lessons	Lap Swim & Water Exercise	Lap Swim & Adult Lessons	8 - 9 pm Lap Swim	

*Shallow end only.

- Children under 6 years of age must be accompanied by an adult in the water at all times.
- Family Swims require an adult in the water directly supervising all children under 18 years of age.
- Programs may be changed, combined, or share the pool to assure maximum convenience and pool usage.



King County Park System

Renton Pool

16740 - 128 Ave SE
Renton, WA 98058-5531
Phone: 206-296-4335
Relay: 1-800-833-6388
www.metrokc.gov/parks

Summer Schedule
June 25 - August 31, 2001
*Closed July 4 at 1:30 pm
Closed Sept 1 - 3 for Labor Day

SUMMER SWIM LESSONS

Mornings

Jun 25 - Jul 6

Jul 9 - Jul 20

Jul 23 - Aug 3

Aug 6 - Aug 17

Aug 20 - Aug 31

Evenings M/W or T/Th

Jun 25 - Jul 26*

Jul 30 - Aug 30

Registration begins up to three months before the start of the class. See *Registration Policy*.

WATER EXERCISE

One-hour shallow and deep water exercise classes are offered on a drop-in basis for people age 15 and above. No swimming ability is necessary.

Shallow: This low-impact workout is designed to increase strength, flexibility, and energy.

Deep: Deep water exercise participants will wear a buoyancy belt (we have a few at the pool) and use other flotation equipment. The workout is offered in a zero impact environment and focuses on developing balance, endurance, and flexibility while progressively increasing cardiovascular fitness.

COMPETITIVE SWIMMING

Chinook Aquatic Club is a year around competitive swim program for all ages and ability levels – novice through national. For information, call 206-230-5812, ext. 4.

POOL RENTALS

The lobby may be rented with your pool rental for an additional hourly fee. This is a great place for gifts and refreshments.

RECREATIONAL SWIM SCHEDULE

All days, dates, and times are subject to change.

Lap Swimming

M - F 6 - 7:30 am

M - F NOON - 1:30 pm

M - Th 8:30 - 9:30 pm

F 8 - 9 pm

Adult Swimming

Sa NOON - 1 pm

Public Swimming

M - F, \$1.85 2:30 - 3:30 pm

M - Th, \$1.85 3:30 - 4:30 pm

F, 75¢ 3:30 - 4:30 pm

M - Th, \$1.85 7:30 - 8:30 pm

F, \$1.85 7 - 8 pm

Sa, \$1.85 1 - 2 pm

Sa, 75¢ 2 - 3 pm

Family Swimming

M - F NOON - 1:30 pm

F 6 - 7 pm

EXERCISE PROGRAMS

Water Exercise

M, W, F 7:30 - 8:30 am

Tu, Th (Deep) 7:30 - 8:30 am

M, W 8:30 - 9:30 pm